

## Communication tips for people with hearing loss

**Wear your hearing aids.**

**Wear your glasses/contact lenses** so that you can see the person speaking to you as well as possible.

**Don't pretend you can hear** - this will disempower you and frustrate the other person.

**Don't be ashamed of your hearing loss, or try to hide it.** 1 in 6 people have hearing loss.

If possible, **use assistive technology** to help boost your hearing and/or help you hear better in challenging listening situations - e.g. loop systems, personal listeners, amplified telephones, etc.

**Learn to lip-read** - our classes are free.

**Take breaks** from listening situations.

**Take care of yourself** - integrate rest and relaxation in to your daily routine because hearing loss causes stress and tension.

**Be confident and assertive about your hearing loss** - e.g.:

- When necessary, tell the person you are talking to that you have hearing loss.
- When necessary, ask people to speak more slowly and clearly.
- Give signals, like cupping your ear, to indicate when you need more assistance.
- Ensure you have your best ear to the person you are talking to.
- If you don't hear what someone says, ask them to say it again, or in a different way.

**Take control of your hearing environment and manage your needs in advance** - e.g.:

- Ask for a table in a quiet corner of a restaurant.
- Ask to sit in the front row at a talk/performance.
- Ask for your training session break-out group to go in a separate, quiet room.
- Ask people to speak one at a time and indicate when they are about to speak.
- Ask for an induction loop and for it to be switched on.